

Among Friends

November 2012

The purpose of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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TELEPHONE NUMBERS

Senior Center 508-210-5570
Director 508-210-5571
Transportation 508-210-5573
Nutrition Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

DON'T FORGET.....



To turn your clocks back on Sunday, November 4 as we transition back to standard time! You should also take this time to check/change the batteries in your smoke and CO detectors!!

CHANGE YOUR CLOCK



CHANGE YOUR BATTERY

Coffee with Bob and Cindy Beck

Join us for coffee and an informal talk on Bob and Cindy's latest trip to the mission at LaRomana. Learn about efforts to bring education and medical assistance to the poorest of the poor. This program is free, open to all and will be held on **Thursday, November 8 at 10:00 a.m.** Please call 508-210-5570 to reserve your seat.



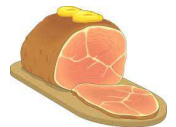
BEST OF FRIENDS CRAFT FAIR



The Friends of HCOA will hold their annual Best of Friends Craft Fair on **Saturday, Nov. 3** from **9:00-2:00**. Please come and enjoy the talents of our seniors and crafters. We appreciate and thank you for your support.

HOME COOKED LUNCHEON

Please join us for our last home-cooked lunch of 2012. This month's lunch will be held on **Wednesday, November 7** at noon and will be a baked ham dinner. The cost of this meal will be \$4.00 for Holden elders and Senior Center volunteers and \$7.00 for out-of-town elders. Reservations are **required** and will be accepted through **Friday, November 2**. Please call 508-210-5570 to make your reservations.



BEREAVEMENT SUPPORT GROUP



Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Monday, November 12 at 4:30 p.m.** Our Bereavement Support Group will provide community members the opportunity to: **Manage their loss; Understand grief and recovery; Cope with change; Express feelings; Share experiences; Receive Support and Develop new insights.** If you or someone you know has suffered a loss, please invite them to our group. **Everyone is welcome.** (Please note that although the Sr. Ctr. is closed on this day, the Bereavement Support Group will meet on this day at the Senior Center.)



The Senior Center will be closed on Monday, Nov. 12 in observance of Veterans Day and on Thursday, Nov. 22 in observance of Thanksgiving.





UPCOMING TRIPS

Tuesday, December 4 ... "Vienna Boys Choir at Springfield Symphony Hall" The world's most beloved choir has been thrilling audiences young and old for over 500 years. Their eagerly anticipated tours play to sell out crowds nationwide. The Vienna Boys' Choir is a choir of long-standing tradition; and is one of the oldest boys' choirs existing in the world. For nearly five hundred years, they have been a symbol of Austria. Don't miss the opportunity to experience their one-of-a-kind holiday program featuring classic and contemporary Christmas favorites. Before the show, we will enjoy a wonderful lunch at Chez Josef. Menu includes choice of: Roast Center Loin Pork or Stuffed Filet of Sole served with salad, potatoes and fresh vegetables, dessert and coffee. Cost of this trip will be \$88.00 which will include the Reserved Red Seating, Luncheon, Motor Coach Transportation and all Gratuities. You will depart Holden at 10:00 a.m. and return at approximately 4:45 p.m.

Coming in February... "Rhode Island Spring & Garden Show" ... See December newsletter for details.

Coming in March ... "Women of Ireland" ... See December newsletter for details.



ANNUITIES: THE GOOD, THE BAD AND HOW TO TELL THE DIFFERENCE

Next in our series of Legal Clinics by Attorney Arthur Bergeron of Mirick O'Connell is the important topic of annuities. *"Annuities: The Good, The Bad and How to Tell the Difference"* will be Presented on **Wednesday, November 14 at 2:00 p.m.** Free and open to all. Coffee will be served. Call 508-210-5570 to register.

REMEMBER WHEN...

Many of you remember when Cindy Beck wrote our newsletter and always included a story in an article she entitled "Cindy's Corner." Cindy and her husband, Bob, compiled as many of them as they could gather and created a book entitled: Cindy's Corner: A Collection of Memories. For those of you who would like to purchase one, there are still a few left and available at a price of \$10.00. If you are interested in purchasing a book, please call the Senior Center at 508-210-5570, and we'll see you get one!

VETERANS MEETING

Our veterans group will meet on **Friday, November 16 at 10:30**. Lenore Lawry, Chief Petty Officer, USN (Ret.), will talk about her WWII experiences in basic training for WAVES. She was recalled for war assignments during the Korean conflict. All veterans and their interested friends are invited to attend.



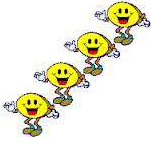
BOOK DISCUSSION GROUP



This month's book is **Gone Girl: A Novel** by Gillian Flynn. On the day of their fifth wedding anniversary, Nick's wife Amy disappears. There are signs of struggle in the house and Nick quickly becomes the prime suspect. It doesn't help that Nick hasn't been completely honest with the police and, as Amy's case drags out for weeks, more and more vilifying evidence appears against him. Nick, however, maintains his innocence. Told from alternating points of view between Nick and Amy, Gillian Flynn creates an untrustworthy world that changes chapter-to-chapter. Calling **Gone Girl** a psychological thriller is an understatement. As revelation after revelation unfolds, it becomes clear that the truth does not exist in the middle of Nick and Amy's points of view; in fact, the truth is far more dark, more twisted, and more creepy than you can imagine. **Gone Girl** is masterfully plotted from start to finish and the suspense doesn't waiver for one page. It's one of those books you will feel the need to discuss immediately after finishing because the ending doesn't just come; it punches you in the gut. The group will meet on **Thursday, November 8 at 10:00 a.m.**

SHINE COUNSELOR
Friday, November 2, 16 and 30
BY APPOINTMENT ONLY





LINE DANCING IS HERE!...

Line dancing classes will be held on Thursdays @ 1:00 pm. Classes are taught by dance instructor Cheryl Volpe and are open and appropriate for all levels. Cost is \$4.00 per class. Everyone is welcome. Please call 508-210-5570 with any questions.

Back by Popular Demand....

The Greendale Men's Club Orchestra will perform at 12:45 p.m. on Tuesday, November 13. The program is free and open to all. Please call 508-210-5570 to reserve a seat.



MUSIC IS LOVE

The Holden Senior Center is proud to present a concert by "Music is Love" on Monday, November 26 at 1:00 p.m. This piano and guitar with vocals and magic, featuring Dick Miller and Dawn Kelly, appeals to all. Please call 508-210-5570 for reservations.

WE LOVE A GOOD SONG!!!

The Greendale Men's Club Chorus will perform ballads, popular songs of yesteryear, and old favorites from the movies on Wednesday, November 28 at 11:00 a.m. Please reserve your seat by calling 508-210-5570.



Senior Center Annual Christmas Party

Please join us for our Annual Christmas Party on **Monday, December 3** at **12:30 p.m.** Once again we welcome Toupin's Catering who will be offering Garden Salad; Roasted Loin of Pork with applesauce; Whipped Potatoes; Green Beans Almondine; Home-made Raisin Bread; Coffee and Tea and a Brownie Sundae for dessert!! Music will be provided by Elliott Lockwood and we're hoping for a visit from the jolly old elf himself! Cost for this event is \$14.00 for Holden elders and Senior Center Volunteers and \$18.00 for out of town elders. We would like to thank the Friends of the Holden Council on Aging for supplementing \$4.00 for the cost of each ticket for Holden elders and Senior Center Volunteers. To make your reservation, please call 508-210-5570 *before Tuesday, November 27.*

LOOKING AHEAD TO 2013...



We are trying to look ahead to next year. If you would be interested in a Tai Chi class, please stop by the office and give us your name or call the Senior Center at 508-210-5570 to express your interest. Also, would you be interested in a card-making or beginner scrapbooking class? Please call to let us know if that would interest you. **Your input is important to us.** If there's a program you'd like to have here at the Senior Center or a class you'd like us to offer, please call 508-210-5570 and speak with Clare. She'd love to hear from you.

JUST A REMINDER...

Paula or Cindy would be happy for you to choose from. The cost bring a book of samples from your order to your home. the Friends of the HCOA.



to bring a variety of greeting cards of the cards is \$1.50 each. They will which to choose then fill and deliver Proceeds from the card sales benefit





NOVEMBER 2012



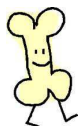
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEST OF FRIENDS FAIR SATURDAY NOVEMBER 3 9:00 to 2:00 	Greendale Orchestra Tuesday, November 13 @ 12:45 p.m.    Greendale Chorus Wednesday, November 28 @ 11:00 a.m.	MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE	1 8:00 HCOA Board Mtg. 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Sloppy Joes</i> 12:30 Movie " <u>Hello Dolly</u> " 1:00 Bridge 1:00 Line Dancing 4-6:00 HPFF Blood Pressure Clinic	2 SHINE By Appt. Only 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Beef Stew</i> 1:00 Cribbage 
5 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Fish Sticks</i> 1:00 Quilting 1:00 Friends Meeting 	6 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs w/Onion Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	7 8-4:00 Billiards 10:00 Angel Walkers 12:00 <i>Home Cooked Lunch</i> 1:00 Pitch Party  	8 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Group 10:00 Coffee with the Becks 12:00 Senior Lunch <i>BBQ Chicken</i> 12:30 Movie " <u>Hot Coffee</u> " 1:00 Bridge 1:00 Line Dancing	9 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Cheese Omelet</i> 1:00 Cribbage 
12 Veterans' Day Holiday  Senior Center Closed	13 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Apricot Chicken</i> 12:45 Greendale Orchestra 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	14 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Spaghetti & Meatballs</i> 1:00 Pitch Party 2:00 Legal Clinic  	15 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Stroganoff</i> 12:30 Movie " <u>An Old Fashioned Thanksgiving</u> " 1:00 Bridge 1:00 Line Dancing	16 SHINE By Appt. Only 8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Salmon Boat w/Dill Sauce</i> 1:00 Cribbage  
19 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Quilting 	20 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Holiday Meal Turkey w/Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	21 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Pitch Party 	22  Senior Center Closed	23 8-4:00 Billiards 10:00 Poker 12:00 NO MEALS SERVED 1:00 Cribbage 
26 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Veal Marsala</i> 1:00 Quilting 1:00 Music is Love 	27 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Shepherd's Pie</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	28 8-4:00 Billiards 10:00 Angel Walkers 11:00 Greendale Chorus 12:00 Senior Lunch <i>Turkey a La King</i> 1:00 Pitch Party 	29 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Rib-i-que</i> 12:30 Movie " <u>Morning Glory</u> " 1:00 Bridge 1:00 Line Dancing	30 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Chicken Cantonese</i> 1:00 Cribbage 

COMING IN DECEMBER...

Wed., Dec. 5...The Latest in Hearing Aid
Inventions



Thurs., Dec. 6...Mountview Breakfast
(Holden Elders Only)



Thurs., Dec. 13... Bone Density Screening

FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your
membership to: Holden Senior Center, 1130 Main Street
Holden, MA 01520.

NOVEMBER MOVIES

Thurs., Nov. 1 ... "Hello Dolly" When wealthy merchant Horace Vandergelder (Walter Matthau) hires Dolly (Barbra Streisand) to find a mate for him, she decides to win him over for herself. Songs include "Before the Parade Passes By" and the glorious title tune. *G ~ 146 minutes*

Thurs., Nov. 8 ... "Hot Coffee" This documentary examines the so-called "hot coffee lawsuit" in which a woman sued McDonald's after she spilled her coffee and burned herself, specifically looking at the reasons why the fast-food giant invested heaps of money to sway public opinion. *NR ~ 89 minutes*

Thurs., Nov. 15 ... "An Old Fashioned Thanksgiving" In this moving Hallmark Channel drama based on a short story by Louisa May Alcott, struggling widow Mary Bassett is trying to support three children, but money is so tight that they can't even afford a Thanksgiving turkey. An unexpected visit from her estranged -- and moneyed -- mother (Jacqueline Bisset) means Mary can prepare a proper holiday meal. However, it will take more than a feast to heal this family's emotional wounds. *NR ~ 91 min.*

Thurs., Nov. 29 ... "Morning Glory" Whiz-kid producer Becky Fuller finds her abilities put to the test when she's charged with bringing a network morning show back from ratings purgatory. Her first job: getting the show's feuding, acid-tongued co-hosts under control. Rachel McAdams, Harrison Ford and Diane Keaton star. *PG-13 ~ 107 minutes*

A REMINDER....



That the "slashed" areas in the parking lot are for **EMERGENCY VEHICLES ONLY** and not for parking while attending or conducting business at the Senior Center. The police department will be taking notice. Your cooperation in keeping these areas clear is greatly appreciated.



*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts
Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

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